

Overview

Langtang Gosaikunda Helambu Trek starts with a day bus or jeep ride to Syabrubesi, the journey begins entering to the attractive Langtang Valley; famous for the region's beautiful destination aptly entitled the Valley of Glacier. Here the mountain valley is brilliant. On either side of the valley, mountains rise, towering high into the sky. The valley offers pine forest, slow-moving rivers and swift mountain streams, rugged rock, and snow-capped peaks, grassy downs, and meadows strewn with daisies and wild Primus. In the upper part of the valley, there are snow bridges spanning angry torrents, high passes enveloped in mist, tiny lakes with icebergs floating on them, and water of crystalline brightness. There are also high mountains of slide ice. You have a stunning view of Langtang Lirung, Langshisha Ri, Yala Peak, Gangchempo, Ganja-La range, Dorje Lakpa many other white peaks from Tesrko Ri which is one of the best demanding day excursions from Kyanjin Gompa.

Gosaikunda believed to be sacred land in Hinduism, is spotted with lakes atop the mountain, offering a quiet respite. There are few visitors outside of those who come for the summer festival. During the Janai Purnima (secret-thread festival) in August full moon day every year, Thousands of Hindu pilgrims come here for worship and holy baths. Many Shamans from around the world visit the site on this specific day and the Shamans show their performance on the full moon day. There is a black rock in the center of the lake said to be the head of the lord Shiva. Legend says; that Lord Shiva created this high-altitude lake when he pierced a glacial with his trident to get water to quench his thirst from consuming some poison.

Another attraction in this trip is Helumbu, the land of the Yolmo people where you can see many monasteries and ethnic groups and a panoramic view of the mountain between Annapurna to Mt. Everest. The course is varied- you encounter Lamas and see Gompas (monasteries), Chorten (Stupas), and Mani stone (Prayer walls). Most of the ethnic groups believe in Buddhism. If you are there in wintertime you will see their great festival called Loshar. The main features of this trip are full of diversity, natural splendor, primordial hermitage, cheese factories in Kyanjin Gompa and Chandan Bari, marvelous glaciers, colorful Rhododendron flowers in springtime and stopping views of snowcapped peaks, and unique Tamang culture rewards you the most excellent mountain holiday. Gosaikunda Lake is magnificent and scenic.

Outline Itinerary

Day 01 : Drive to Syabrubesi, 7-8 hours by Jeep

Day 02 : Trek to Lama Hotel (2,470m/8,104ft), 5-6 hours walking

Day 03 : Trek to Langtang (3,430m/11,253ft), 5- 6 hours walking

Day 04 : Trek to Kyanjin Gompa (3,870m/12,697ft), 4-5 hours walking

Day 05 : Day excursion and explore nearby natural heritage

Day 06 : Trek back to Lama Hotel (2,470m/8,104ft), 5-6 hours walking

Day 07 : Trek to Thulo Syabru(2,230m/ 7,316ft), 5-6 hours walking

Day 08 : Shin gomba (3,330m/10,925ft), 3-5 hours walking

Day 09 : Trek to Gosainkund(4,380m/14,366ft), 5-6 hours walking

Day 10 : Trek to Gopte (3,430m/11,250ft), 6-8 hours walking

Day 11 : Trek to Malemchi Gyang (2,530m/8,299ft), 6-7 hours

Day 12 : Trek to Tarke Gyang (2,590m/8,497ft), 5-7 hours walking

Day 13 : Day Hike to Ama Yang Ri Peak

Day 14 : Trek to Thipu/Kakani (1580m), about 3-4 hours walking

Day 15 : Back to Kathmandu

Cost Includes

- A registered English-speaking local friendly guide.
- Comfortable, neat, and clean accommodation on teahouse/Mt. lodge during trekking
- 3 Times meals: (breakfast, lunch, and dinner) during the trek.
- Hot table drinks (Tea, coffee, and hot chocolate) on a cup basis.
- Local ground transportation to and from trekking.
- Food, accommodation, salary, and insurance of your guide and porters.
- Langtang National Park entrance fees and TIMS Card.
- All taxes and paperwork charge.

Cost Excludes

- Accommodation, meals, and transfers in Kathmandu.
- Guided sightseeing in Kathmandu, can be arranged at your request.
- All bar bills and beverages such as Coke, Fanta, and mineral water.
- Hot shower, hot water, wifi, and battery charge during trekking.
- Personal travel insurance, internet, phone calls, laundry,
- Rescue operation charge in case of emergency.
- Any cost that arises due to a change of itinerary and natural calamities beyond our control
- Tips for your guide and porters.